



**2019-2020
LYME-OLD LYME
ATHLETICS**



ATHLETIC DEPARTMENT

- **Athletic Director: Hildie Heck**
 - Phone: 860-434-1651 x1014
 - Email: heckh@region18.org
- **Athletic Secretary: Jo Bolton**
 - Phone: 860-434-1651 x1032
 - Email: heckh@region18.org
- **Athletic Trainer: Sammee Ward**
 - Phone: 860-434-1651 x1116
 - Email: Wards@region18.org
- **School Nurse: Melissa Seckla**
 - Phone: 860-434-1651 x1004
 - Email: secklam@region18.org



REQUIREMENTS

CAN NOT PARTICIPATE UNLESS ALL ARE MET

1. [Athletic Registration on FamilyID](#)
2. Academics - [\(See The Athletic Handbook for Complete Standards\)](#)
3. [Baseline Impact Testing](#) - Complete a baseline concussion test
4. Physical Exam with in the past 13 months
5. No school obligations (This includes lunch balances, books owes, drivers ed, SAT Prep etc..)
6. Complete [School Registion on FamilyID](#) (new this year - replaces the green form)

Fall Season Dates

SPORT	First Day of Practice	Shoreline Tournament Dates	CIAC Tournament Dates
Football	August 19	Peqout ranking determines Championship	Quarters Dec 3, Semi Dec 8, Finals Dec 14
Boys/Girls Cross Country	August 22	TBA	Class Oct 26, Opens Nov 1, NE Nov 9
Girls Swimming & Diving	August 29	Nov 8	Qual. Nov 16, Class Nov 19, 20; Open Nov 22
Boys Soccer	August 29	TBA	Begins Nov 11; Finals Nov 22, 23
Girls Soccer	August 29	TBA	Begins Nov 11; Finals Nov 22, 23
Girls Volleyball	August 29	TBA	Begin Nov 11; Finals Nov 22, 23

STUDENT EXPECTATIONS

- Review and understand the LOL athletic handbook and board policies
- Abide by team, school, conference and CIAC policies and procedures
- ALWAYS act according to the traditions of good sportsmanship (CLASS ACT STANDARDS) and the school core values
- Abstain from the use AND BEING IN THE PRESENCE of alcohol, tobacco, steroids, vaping or any other illegal or non-prescribed drugs and supplements.
- Do not participate in the same sport once season begins
- Remember “Being a member of a team is NOT a right it's a PRIVILEGE”

PARENT EXPECTATIONS

Review and understand the LOL athletic handbook and board policies

Get involved

(join the booster club, attend games/events, talk positively about programs and coaches, encourage younger athletes to play and get involved)

Encourage spectators and students from spreading negativity about coaches, players and officials - **KNOW THE CLASS ACT STANDARDS!!!**

BE A FAN NOT A FANATIC: CHEER FOR US, NOT AGAINST OTHERS

Sign up for important updates from H. Heck.

Get information for Lyme-old Lyme High School right on your phone—not on handouts.



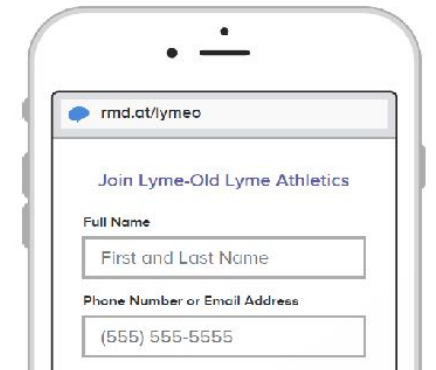
Pick a way to receive messages for Lyme-Old Lyme Athletics:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/lymeo

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message @lymeo to the number 81010.

If you're having trouble with 81010, try texting @lymeo to (860) 591-8090.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/lymeo on a desktop computer to sign up for email notifications.

CONCUSSION & CARDIAC ARREST EDUCATION

****See Athletic Trainer Presentation****

Booster Club

www.lolboosterclub.org

Ways to get involved:

- Support the athletes!!
- Complete the Membership Form
- Donate or Volunteer for Booster Club
- Join us at our meetings

Thank you for your support!!!



QUICK LINKS

- [Region 18 Athletic Page](#)
- [Region 18 Athletic Handbook](#)
- [Board of Education Extracurricular Activity Policy #3600](#)
- [Parenting Your Student Athlete](#)
- [CIAC Handbook](#)
- [CIAC Schedules and Results](#)
- [Schedule Updates and Cancellation Notifications Request](#)
- [NCAA Banned Substances List](#)

THANK YOU

HAVE A GREAT SEASON!!!